Lafayette Lifestyles

A Treasure Chest of Activities for 55 Plus

FALL 2001

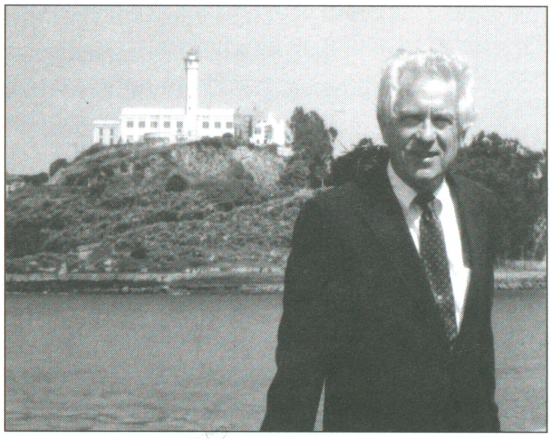
The Lafayette Senior Recreation Center and The City of Lafayette Senior Services Center have joined together to offer a variety of Recreation Activities. We hope you enjoy Lafayette Lifestyles!

Join Us For:
Travel, Trips & Tours, Classes, Holiday Events, Health Awareness, Movies, Workshops, Social Events

Alcatraz Island Comes To Life!

Friday, October 12 • 10:00 am – Noon • Elderberry Room • FREE • Light Refreshments

The penal island of Alcatraz will come to life before your very eyes. Do you remember hearing or reading about George "Machine Gun" Kelly, Alvin "Creepy" Karpis, and Robert "The Birdman of Alcatraz" Stroud? Join us for a first hand introduction to these and other notorious gangsters incarcerated on this solitary island.



Frank Heaney, a born story-teller, brings first-hand knowledge of the island and especially its inmates, having first served there when he was 21. While Frank has since "retired" from being a correctional officer at the "Rock", he continues to make Alcatraz come alive. He has written a book, "Inside The Walls of Alcatraz" and has appeared on numerous programs such as Larry King Live, Unsolved Mysteries, The Today Show, Good Morning, America, Inside Edition, America's Most Wanted, To Tell the Truth, the Oprah Winfrey Show, the late, Late show with Tom Snyder, A&E, and has been a consultant for the movies "Murder in the First" and "The ROCK." Frank has also been a guest speaker for many groups and organizations.

Lafayette Community Center, 500 St. Mary's Rd. Please call 284-5050 to make your reservations.

Looking for Something to Do this Fall?

The Lafayette Parks & Recreation Department is working hard on putting together a great quarter of activities for you this fall. We have programs, programs and more programs to fit all of your recreational needs.

◆ Oil Painting

Designed to expand your creativity and Art education while having fun. Beginner and Intermediate Painters welcome.

Tuesdays: Sept. 18 – Dec. 18
Class: 9:00 –11:30 am
Workshop 12:30 – 3:00 pm

◆ Intermediate Bridge

RUSTY BRIDGE is specially designed for those who want to update bidding skills, improve communication with their partners, and/or revive their "college days" playing skills.

Thurs: Sept. 20 – Nov. 8 • 7:00 – 9:00 pm

◆ Intermediate Genealogy

Learn your way around local libraries to extend your pedigree charts. Join us for a peek into your family's past.

Mon: Sept. 17 – Oct. 29 • 1:00 – 3:00 pm

◆ Pilates Matwork

Pilates is a series of movements that flow into one another while using breathwork and concentration to stretch & strengthen your body. Exercises concentrate on your core muscles. (abdominals & back)

Monday and/or Thursday:
Sept. 10 – Dec. 13 • 5:30 – 6:30 pm

Check out page 3 for more of our Active Adult Activities

Health Awareness

ANNE RANDOLPH WORKSHOPS

Biography of Anne Randolph

Anne Randolph, RPT, has been practicing physical therapy since 1977. The majority of her work has been in the skilled nursing setting and in assisted living centers. Through her work she has noted that early intervention can provide understanding and control over very major medical problems resulting in increased independence and enjoyment of life.

The Art of Balance

Come learn how to improve your balance and stop worrying about falling. Losing your balance is usually simply due to poor muscle strength, especially in your ankles. Learn exercises to improve your balance and feel confident walking on any surface.

Friday, Oct 26 • 10:00 am – Noon
Alder/Elderberry Room

Better Breathing

If you are coping with any kind of respiratory disease you know there are times when you can't get enough oxygen. Tasks become difficult and exhausting. Come and learn proper breathing techniques, exercises and ways to save energy while still maintaining activity.

Friday, Sept 28 • 10:00 am – Noon
Alder/Elderberry Room

Perfecting Posture

Poor posture not only doesn't look good but it can cause all kinds of discomfort and pain. Come learn how to improve your posture and decrease your pain. Discussion, demonstration and exercises will all be offered to help in the never-ending fight against gravity.

Friday, Nov 30 • 10:00 am – Noon
Alder/Elderberry Room

(No Charge) Lafayette Community Center, 500 St. Mary's Rd.
Please call 284-5050 to make your reservations.

FLU SHOTS

Thursday, Nov 15th
2:00 – 3:30 pm • Alder Room
Lafayette Community Center

Suggested Donation: $5.00
No one will be turned away if this donation cannot be met.

Who Needs Which Shots?

- Adults born after 1956: *Measles, mumps and rubella*
- Adults age 65+, and those with diabetes and chronic heart, lung (including asthma), liver, or kidney disorders: *Flu and Pneumonia*
- Adults in certain high-risk groups, such as health care workers and persons with multiple sex partners: *Hepatitis B*
- All susceptible travelers or persons living or working in countries with intermediate or high rates of hepatitis A virus infection: *Hepatitis A*
- Adults who have not had chicken pox: *Chicken pox*

Source: National Coalition for Adult Immunization, Bethesda, MD

Social Events

▶ TEA DANCING

Enjoy the elegance of ballroom dancing. Singles and couples are invited to dance every Wed. to a great selection of recorded music. Great company, big band music, fun exercise and refreshments are all part of the package.

Wed: 1:00 – 3:30 pm
Lafayette Community Center
Live Oak Room • Admission: $2

▶ *Lafayette Senior Recreation Center presents:* MONTHLY BIRTHDAY LUNCH

Calling anyone 55+. Every month someone has a birthday, so come celebrate with us. We serve a delicious, catered lunch, complete with birthday cake and special reserved seating for the birthday honorees. The menu is different each month and there's live entertainment or a great speaker for your listening pleasure. To make reservations, call Esther Sprunger at 283-3704 one week prior to the 2nd Thursday of the month.

2nd Thursday of the Month
Noon • $5
Lafayette United Methodist Church

Workshops

Please call Yvonne at **284-5050** with questions or to make your appointments.

A.A.R.P. 55-Alive Defensive Driving

This mature driving class helps you refine existing skills, develop safe, defensive driving techniques and, in certain cases, lower your insurance premium. Course also includes tips on accident prevention and how to avoid stress while driving.

Dates: Mon: 11/5 & Tues: 11/6

Time: 9:00 am – 1:00 pm

Where: Elderberry Rm, Laf Comm Ctr

Fee: $10.00 per person
make check payable to AARP

Mail to: Yvonne Ozorio
Lafayette Community Center
500 St. Mary's Rd.
Lafayette, Ca 94549

Important: Class is limited to 30 **PAID reservations, on a first-come, first-served basis**. Calling to say you are interested does not mean you are registered. Classes fill up fast, so mail your check as soon as possible. No payment accepted at the class.

Transportation Workshop

"HOW TO USE THE BUS"

Dates: Tues: 10/2

Time: **10:00 am – Noon**

Where: **Alder Room**, Laf Comm Ctr

Fee: FREE

Through the courtesy of The County Connection, the Lafayette Senior Center will explore Alternative Transportation for those who are unable to drive, have disposed of their cars, and have lost some of their independence.

Terry Huie, Accessible Services Department Specialist, will conduct this workshop. Reservations a must.

Call Yvonne at 284-5050. Residents of the Lamorinda area are cordially invited. Pass the word, bring a friend.

Services for Older Adults

Confused about Long Term Care, Health Insurance, Medicare, HMOs, Supplemental Insurance?

Are you, like other seniors, concerned about your own health insurance coverage? Is it adequate? Are you over-insured or worse, under-protected? The Lafayette Community Center offers personal/private consultation with volunteers from HICAP (Health Insurance Counseling and Advocacy Program). HICAP volunteers are well-trained in all of the complexities of senor health services and can offer you sound, practical advice. You have a full hour in which to discuss your problems and/or concerns.

If you are not as well-informed as you would like to be, don't be dismayed. All matters discussed are held in strict confidence. This service is free.

1st Wednesday Monthly

Long Term Care Insurance
Appointments: 10:00 or 11:00 am
Dates: 10/3, 11/7, 12/5

3rd Wednesday Monthly

Health Insurance, Medicare, HMOs, Supplemental Insurance
Appointments: 9:00, 10:00 or 11:00 am
Dates: 10/17, 11/21, 12/19

Free Legal Assistance for the Elderly

(1st Thursday Monthly)

- Landlord/Tenant Problems
- SSI Overpayment
- Durable Power of Attorney
- Medi-Cal Eligibility Coverage
- Rights of Nursing Home & Long-term Care Residents

Appointments: 10:00 or 11:00 am
Dates: 10/4, 11/1, 12/6

Sept – Dec Fall Classes

To register, stop by the Lafayette Community Center / Senior Services Center or, phone in your VISA or MasterCard. Call **284-2232**, Monday-Friday from 9:00 am to 5:00 pm. **Classes begin in September.**

▶ HEART SHAPERS

A low impact exercise program for men and women over 55.

Mon, Wed & Fri or Tues & Thurs
Sept 10 – Dec 21 • 9:00 – 10:00 am
Manzanita Room, Laf Comm Ctr

▶ MUSCLE SHAPERS

Muscle toning with light weights for men and women over 55. Bring a mat and 2 pairs of hand weights. Men: 5 & 8 lb. sets. Women: 3 & 5 lb sets.

Mon & Wed • 10:15 – 11:15 am
Sept 10 – Dec 19
Manzanita Room, Laf Comm Ctr

▶ PAINTING FOR SENIORS

Different subjects & techniques along with values, colors and composition.

Wed • 9:00 am – Noon
Oct 10 – Dec 19
Elderberry Room, Laf Comm Ctr

▶ COLOR PENCIL TECHNIQUE

Render realistic textures and obtain rich colors by exploring fundamentals.

Wed • 12:30 – 3:30 pm
Sept 19 – Nov 14
Elderberry Room, Laf Comm Ctr

▶ COUNTRY WESTERN LINE DANCING

A great way to have fun and exercise without a partner.

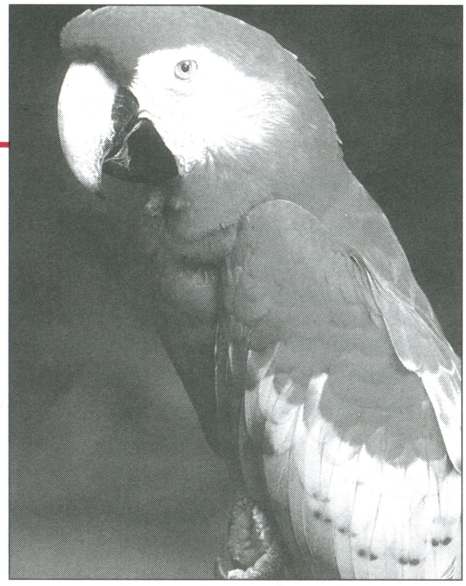
Thurs • 10:30 am – Noon
Sept 20 – Dec 6
Live Oak Room, Laf Comm Ctr

▶ EXPLORING PRINT MAKING

Create fun designs which will be turned into prints using a variety of methods.

Thurs • 1:00 – 3:00 pm
Sept 20 – Oct 25
Arts & Crafts Room, Laf Comm Ctr

Travel



Orinda Travel & Lafayette Parks & Recreation Present...

Costa Rica Adventure

❖ *7 days / 6 nights* ❖

There are very few special places on earth that can offer such an incredible diversity of scenery, climate and vacation pleasures as Costa Rica. Our fully escorted small group will visit San Jose, Arenal, Tabacon Hot Springs, CanoNegro Wildlife Refuge, Guanacaste Region, Palo Verde National Park & the La Paz Waterfall.

March 31 – April 6, 2002 • $1,850 per person

double occupancy (based on 10) $110 Single Supplement

$250 Deposit due by Oct 1, 2001 • Balance due January 21, 2002

Tour Features Include:

- *Full Service Naturalist Tour Guide throughout*
- *Entrance Fees*
- *Round Trip Airfare from SFO*
- *3 & 4 Star Hotel Accommodations 7 Breakfasts, 4 Lunches & 1 Dinner*
- *Hotel, Airline & Service Taxes*

Movies

Lafayette Senior Services Center
Alder Room • 500 St. Mary's Road
Showtime: 1:00 pm
Light Refreshments Served

No charge but donations gratefully accepted.

First THURSDAY Monthly

10/4 REMEMBER THE TITANS
Denzel Washington, Will Patton

11/1 MISS CONGENIALITY
Sandra Bullock, Benjamin Bratt

12/6 NICO, THE UNICORN
Anne Archer, Michael Ontkean

Third FRIDAY Monthly

9/21 CROUCHING TIGER, HIDDEN DRAGON
Chow Yun Fat, Michelle Yeoh

10/19 102 DALMATIONS
Glenn Close, Gerard Depardieu

11/16 PAY IT FORWARD
Kevin Spacey, Hellen Hunt

12/21 AUTUMN IN NEW YORK
Richard Gere, Winona Ryder

Movies subject to change without notice.

Let Yvonne know at 284-5050 if you will be coming to any of the above movies.

Holiday Events

▶ WINTER FESTIVAL & BOUTIQUE

Sat & Sun: 12/1 & 12/2
10:00 am – 4:00 pm
FREE Admission
Lafayette Community Center

▶ LAFAYETTE SENIOR RECREATION CENTER

United Methodist Church, 955 Moraga Rd. • Dottie Baker: 254-3271

Open 2nd and 4th Thursday from 10:00 am – 3:00 pm, the Center offers monthly programs, a variety of trips and year-round events for anyone age 55+. Activities include a full catered birthday lunch on the 2nd Thursday ($5). A light catered lunch on the 4th Thursday of each month with Bridge and Bingo ($1). Annual membership dues are $6 and entitle you to a monthly newsletter that showcases upcoming programs & excursions.

▶ LAFAYETTE SENIOR SERVICES CENTER

500 St. Mary's Rd., Alder Room • Yvonne Ozorio: 925-284-5050

The Lafayette Senior Services Center offers a superb atmosphere for seminars and workshops, health and legal counseling, bridge games, movies and a variety of classes. Ample parking and County Connection bus service is available. The Center is managed by Yvonne Ozorio who welcomes visitors with a cup of coffee, tea or chocolate, and describes the variety of programs and services offered by the Center. Regular office hours vary depending upon the events of the day. It's best to call before dropping by. The best time to reach Yvonne is Monday – Friday, 9:00 am – 1:00 pm.

Lafayette Senior Services Center
500 St. Mary's Rd.
Lafayette, CA 94549

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